

How do they help?

Bandages and stump shrinkers are made from elasticised material. The elastic is required to provide a low level of compression to your stump. A properly applied bandage or shrinker will assist in stopping build-up of fluids or swelling, and maintaining the shape of your stump.

Look after them!

- Bandages and shrinkers require care to maintain the elasticity in them. Without the elasticity, they will not be useful in shaping your stump for your artificial limb.
- It is important that you wear the bandage or shrinker as instructed by your physiotherapist, to avoid damaging your stump.
- Ideally, you should have 2 bandages or shrinkers – one to wear, while the other is being washed. See your physiotherapist or prosthetist for where to obtain new bandages or shrinker.

- Washing the bandages and shrinkers is important in helping prevent skin infections and odours.
- Follow the manufacturer's instructions during washing. Generally:
 - Hand wash, or use a gentle cycle in the washing machine.
 - Do not use harsh detergents.
 - Do not place bandages or shrinkers in the clothes dryer.
 - Dry your bandages and shrinkers by lying them flat or hanging on the clothes line.
 - Do not hang them out in harsh sunlight, as it may cause the elastic to perish over time.

Stump Socks

What are they for?

Your stump socks are used for:

- Assisting in protecting your skin from hard surfaces inside the prosthetic socket.
- Ensuring that the socket is fit properly and comfortably against your stump.
- Stopping the socket from rubbing up and down against your skin as you walk.
- Absorbing perspiration.

Caring for your socks.

- Most stump socks are made from wool or cotton, although in some cases you may receive a sock impregnated with silicone, urethane, or other synthetic materials.
- It is normal for your stump to sweat inside your artificial limb, so it is important to wash your socks daily to help prevent infection and odours.



Care of Your Stump **Socks, Bandages,** **and Shrinkers**

Bandages and Shrinkers

Why have them?

Bandages and stump shrinkers are important for:

- Reducing the swelling in your stump.
- Shaping your stump so you can wear your artificial limb
- Reducing pain in your stump.
- Getting your stump used to being enclosed, for when you have your artificial limb.

If you have any questions, contact your health professional:

Physiotherapist: _____

Phone: _____

Prosthetist: _____

Phone: _____

Rehab Doctor: _____

Phone: _____

- Follow the manufacturers guidelines in washing your socks. Generally:
 - Hand wash or use a gentle cycle in the washing machine.
 - Use mild detergents only.
 - Do not stretch or wring out your socks, as they will lose their shape and not fit as snugly.
 - Do not put your stump socks in the clothes dryer.
 - Dry them by placing them down flat on a clean, dry surface, or hang them on the clothes line.

Socks impregnated with silicone, and urethane liners, should be wiped with a moist cloth after use and be allowed to dry before re-using.

Produced by Tony Fitzsimons

For NSWPART

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